



Ref. No: MINDS.P.O/24052023/02

Date: 24.05.2023

## Circular

This is to inform that **Value added course on Yoga (Yoga Alchemy)** will be conducted from 25.05.2023(Thursday) to 27.05.203(Saturday) at fourth floor, MINDS Mahe.

**Course Instructor:** Dr.Prasad Aravind,

Professor & HOD, Dept. of Prosthodontics

**Time:** 07.00am

**COPY TO :**

- 1.Chairman
2. CEO
- 3.Vice Principal
4. Administrative Manager
- 5.All HOD'S

Dr.Anil Melath  
PRINCIPAL

Principal  
Mahe Institute of Dental Sciences & Hospita  
MAHE





**MAHE INSTITUTE OF DENTAL SCIENCES & HOSPITAL**  
POST GRADUATE INSTITUTE -AFFILIATED TO PONDICHERRY CENTRAL UNIVERSITY  
CHALAKKARA, MAHE, U.T OF PUDUCHERRY

**COURSE INSTRUCTOR**



**DR PRASAD ARAVIND**



**A CERTIFICATE COURSE IN YOGA**

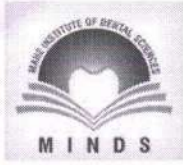
# Yoga Alchemy

Get inner peace and relaxation

**ABOUT THE COURSE**

You'll learn about the different types of meditation and how to find the right one for you. Don't miss this chance to learn about an amazing tool that can change your life!

**DATE: 25-27 MAY 2023**  
**TIME : 7.00 AM**  
**VENUE : FOURTH FLOOR**



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Chalakkara, P.O. Pallor, Mahe-673 310  
U.T. of Puducherry. Ph : 0490 2337765

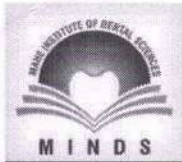
**CERTIFICATE COURSE ON YOGA**  
**PARTICIPATION LIST**  
**2022-23 | 25.5.2023-27.5.2023**

S.No	Participants list	Sign		
1.	ABDULLA NABRAZ			
2.	ABHINAND P			
3.	ABY GEORGE			
4.	AFRA P			
5.	AGALYA B			
6.	AHZANA FIROZ			
7.	AKSHAYA PRAMOD			
8.	ALBIN JOB			
9.	ALEN JOHN			
10.	ANANDAN			
11.	ANJANA JAGADISH KUMAR			
12.	ANSHANA			
13.	ANUROY			
14.	ANUVIDHYA SUJAYAN			
15.	APARNA AP			
16.	ARCHANA AC			
17.	ARCHANA THANISSERY			
18.	ARPITHA PADMANABHAN			
19.	ARSHA HIDAYATH			
20.	ASLA KP			
21.	ASWANA ASOK			
22.	ASWATHY SANTHOSH			
23.	ATHIRA CHANDRAN			
24.	ATHIRA KARIYADAN			
25.	AYISHA FIDHA			
26.	AYSHA BASHEER			



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27.	AYSHA HAMNA	Aysha	Aysha	Aysha
28.	AZZA FATHIMA	Azza	Azza	Azza
29.	BALAMANIKANDAN	Balenu	A	Babu
30.	BELMA JIJU	Bm	Bm	Bm
31.	BENNY SALLY	Bena	Bha	Bba
32.	D VARSHANA	Darb	Yd	Ym
33.	DEVIKA SURESH BABU	Dm	Lm	Lm
34.	DILNA VINOD	Dm	dm	dm
35.	DIYA AJAY	Dm	Dm	Dm
36.	ELJU SARA ELDOSE	Elju	Elju	Elju
37.	FARHANA SHERIN K	Fst	Fst	Fst
38.	FATHIMA NASHVA	A	Ashva	Nashva
39.	FATHIMA SHAMNA A P	Fam	Fam	Fm
40.	FATHIMATH SANA	Fam	Fam	Fam
41.	FIDHA FATHIMA	Fidha	Fidha	Fidha
42.	FITHA KHAN	Fitha	Fitha	Fitha
43.	GOUSHIK DEV L	Gousha	Gousha	Gousha
44.	HUSANA	Hanna	Husna	Hanna
45.	JAGILAN S	Jahna	Jahna	Jahna
46.	JAZEERA K N	Jazeera	Jazeera	Jazeera
47.	JELINA J A	Jelina	Jelina	A
48.	KAILAS NANDAN R	Kaila	Kaila	Kaila
49.	KEERTHANA K	Keerthana	Keerthana	Keerthana
50.	KRISHNA S	Kel	Kel	Kel
51.	LINTAMOL P K	Lm	Lm	Lm
52.	LIYANA HASSAN	Liyana	Liyana	Liyana
53.	MEGHA R P	A	Megha	Megha
54.	MERIN BINU GEORGE	Merin	Merin	Merin
55.	MUDRA MARIA MATHEW	Mudra	Mudra	Mudra
56.	MUHAMMED AFREED A M	Muhammed	Muhammed	Muhammed



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57.	MUHAMMED SHAFAF K	Shafaf	Shafaf	Shafaf
58.	NIDHA FATHIMA K	Nidha	Nidha	Nidha
59.	ONESIPHOUR	Onesiphour	Onesiphour	Onesiphour
60.	RENSA ANNA SAJI	Rensa	Rensa	Rensa
61.	SABARINATH S	Sabar	Sabar	Sabar
62.	SALMA R SHUKOOR	Salma	Salma	Salma
63.	SALOMI MANOJ	Salomi	Salomi	Salomi
64.	SAPTHA ANIL	Saptha	Saptha	Saptha
65.	SHADIYA ABDULLA K K	Shadiya	Shadiya	Shadiya
66.	SHAHANA FATHIMA	Shahana	Shahana	Shahana
67.	SHAHANA KATHOON V K	Shahana	Shahana	Shahana
68.	SHANMATHY	Shanmathy	Shanmathy	Shanmathy
69.	SHEONA BINOJ	Sheona	Sheona	Sheona
70.	SHIFA HAMZA	Shifa	Shifa	Shifa
71.	SHIFANA R	Shifana	Shifana	Shifana
72.	SHIREEN SHAHANA M	Shireen	Shireen	Shireen
73.	SONA RACHEL JOSE	Sona	Sona	Sona
74.	SWEDHA G	Swedha	Swedha	Swedha
75.	THUSHARA K S	Thushara	Thushara	Thushara
76.	VADREVVU MOUNIKA	Vadrevvu	Vadrevvu	Vadrevvu
77.	VISWAVINODHINI R	Viswavinodhini	Viswavinodhini	Viswavinodhini
78.	ZAINA KALIPARAMBU HARIS	Zaina	Zaina	Zaina
79.	ALISHA FEROOK	Alisha	Alisha	Alisha
80.	ARSHIN NOUSHAD	Arshin	Arshin	Arshin
81.	ELNA RAJESH	Elna	Elna	Elna
82.	FATHIMA NASMI	Fathima	Fathima	Fathima
83.	PAVITHRA	Pavithra	Pavithra	Pavithra
84.	ASHA	Asha	Asha	Asha
85.	NANDHA DINESH	Nandha	Nandha	Nandha
86.	ASWIN RAJEEV	Aswin	Aswin	Aswin



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**MAHE INSTITUTE OF DENTAL SCIENCES & HOSPITAL**

**Yoga Alchemy**  
A certificate course

## Certificate of appreciation

Awarded to



Dr Prasad Aravind

FOR BEING THE COURSE INSTRUCTOR  
IN THE CERTIFICATE COURSE ON YOGA, ORGANIZED BY  
MAHE INSTITUTE OF DENTAL SCIENCES AND HOSPITAL,  
CHALAKKARA, MAHE, U.T. OF PUDUCHERRY,  
FROM 25-27 MAY 2023

DR ANIL MELATH  
PRINCIPAL

DR M SELVAMANI  
VICE PRINCIPAL



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## Certificate of Participation

Presented to

ABDULLA NABRAS

FOR ACTIVELY PARTICIPATING  
IN THE CERTIFICATE COURSE ON YOGA, ORGANIZED BY MAHE  
INSTITUTE OF DENTAL SCIENCES AND HOSPITAL,  
CHALAKKARA, MAHE, U.T. OF PUDUCHERRY,  
DURING 25.5.2023-27.5.2023

DR ANIL MELATH  
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DR M SELVAMANI  
VICE PRINCIPAL



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AFRA B

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ALBIN JOB

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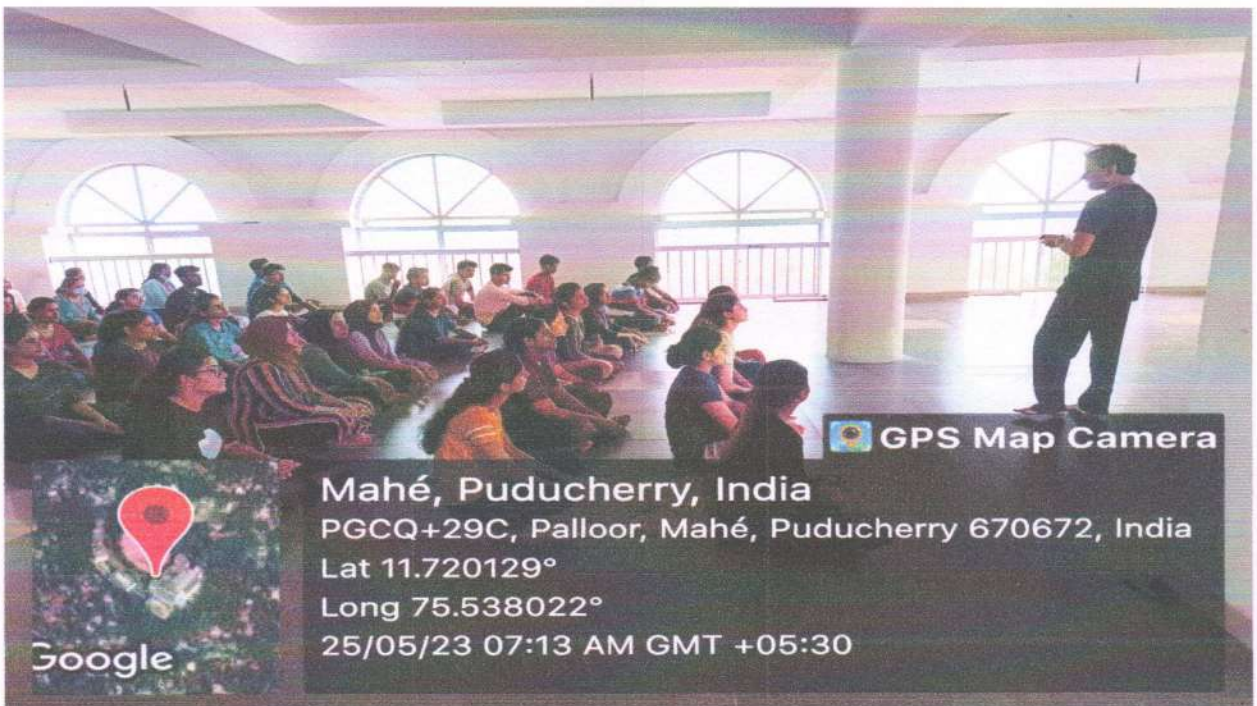
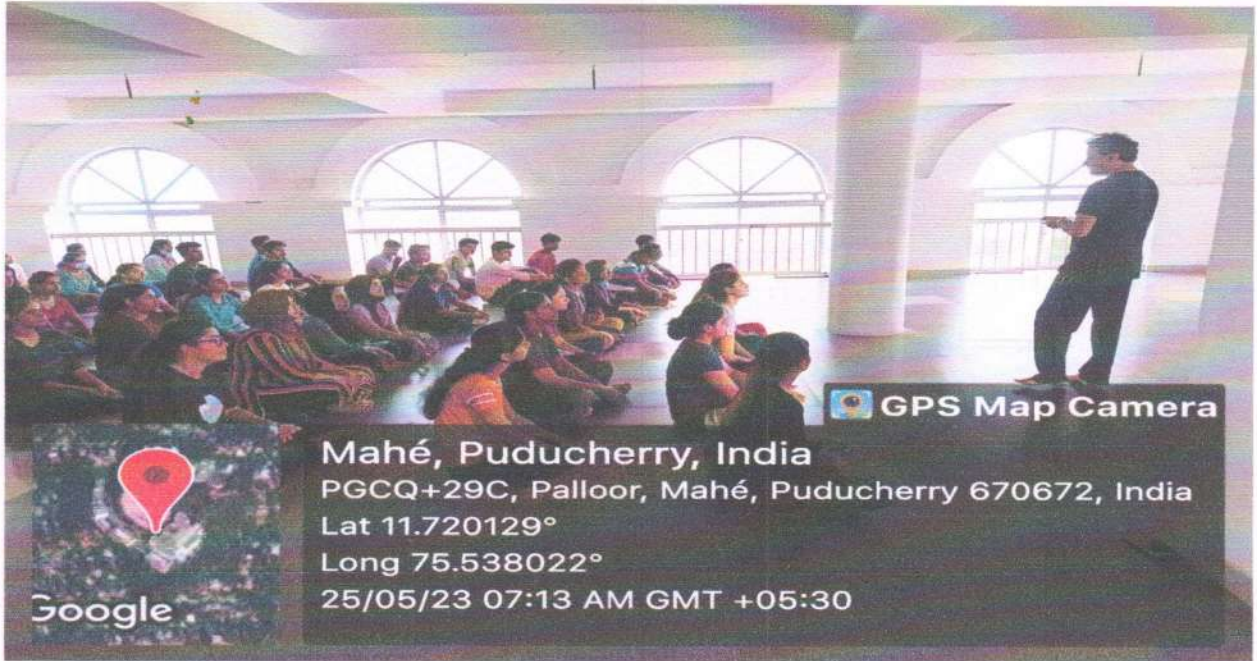
AKEN JOHN

FOR ACTIVELY PARTICIPATING  
IN THE CERTIFICATE COURSE ON YOGA, ORGANIZED BY MAHE  
INSTITUTE OF DENTAL SCIENCES AND HOSPITAL,  
CHALAKKARA, MAHE, U.T. OF PUDUCHERRY,  
DURING 25.5.2023-27.5.2023

DR ANIL MELATH  
PRINCIPAL

DR M SELVAMANI  
VICE PRINCIPAL

# YOGA ALCHEMY





### Post Event Report

Event Duration: May 25, 2023, to May 27, 2023

This report provides an overview of the Yoga Program conducted from May 25 to May 27, 2023, aimed at providing holistic well-being and mindfulness through yoga practices.

#### **Participants:**

Total Participants: 100 students

#### **Event Overview:**

The three-day Yoga Program offered an immersive experience focusing on a diverse range of yoga practices. The program's objective was to enhance physical flexibility, mental clarity, and emotional well-being through the principles of yoga.

#### **Program Highlights:**

**Variety of Practices:** Participants engaged in various yoga styles, including Hatha, Vinyasa, and Restorative yoga, providing a well-rounded experience for individuals of all skill levels.

**Instructor Expertise:** Highly experienced yoga instructors led the sessions, guiding students through postures, breathing exercises, and meditation techniques effectively.

**Mindfulness and Relaxation:** The program emphasized mindfulness and relaxation, fostering stress reduction and improved mental focus.

**Participant Engagement:** All 100 participants expressed overwhelming satisfaction with the program, citing its impact on their physical and mental well-being.

#### **Feedback Summary:**

100% of participants rated the effectiveness of yoga techniques as 'Highly Effective' or 'Effective.'

All participants expressed being 'Overwhelmed' by the program and its positive impact on their overall well-being.

95% of attendees reported significant improvements in physical flexibility and mental clarity after participating in the program.

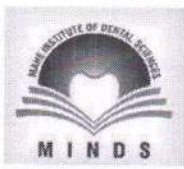
The instructors received a unanimous rating of 'Excellent' in guiding and explaining yoga practices.

#### **Conclusion:**

The Yoga Program conducted from May 25 to May 27, 2023, received exceptional feedback from all 100 participating students. The overwhelmingly positive response underscores the program's success in delivering a comprehensive yoga experience, encompassing various styles, expert instruction, and a focus on holistic well-being.

*D. Roshini .cnl*  
*[Signature]*  
*30/5/23.*

*Covered by: Counseling Enrichment Committee.*



**Feedback form - YOGA**

**25.5.2023-27.5.2023**

**1. Effectiveness of Techniques:**

- On a scale of 1 to 10, how would you rate the effectiveness of the yoga techniques taught in enhancing your physical flexibility and strength?  
1 2 3 4 5 6 7 8 9 10

**2. Mindfulness and Relaxation:**

- Did the course adequately address mindfulness and relaxation techniques through yoga practices?
  - Yes
  - No

**3. Variety of Practices:**

- How satisfied were you with the variety of yoga practices (e.g., Hatha, Vinyasa, Restorative) covered in this course?
  - Very Satisfied
  - Satisfied
  - Neutral
  - Dissatisfied
  - Very Dissatisfied

**4. Instructor's Guidance:**

- Rate the instructor's ability to guide and explain yoga postures and breathing techniques:
  - Excellent
  - Good
  - Fair
  - Poor

**5. Physical Benefits:**

- Have you experienced noticeable improvements in your physical well-being (e.g., reduced stress, improved posture) after participating in this yoga course?
  - Significant Improvement
  - Moderate Improvement
  - Slight Improvement
  - No Improvement

**6. Understanding Yoga Philosophy:**

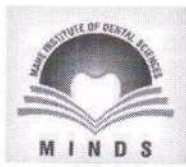
- To what extent did the course cover the philosophical aspects of yoga (e.g., yogic principles, meditation)?
  - Comprehensive Coverage
  - Adequate Coverage
  - Partial Coverage
  - Minimal Coverage
  - No Coverage

**7. Application of Breathing Techniques:**

- How confident do you feel in applying the breathing exercises (Pranayama) learned in this course to manage stress in daily life?
  - Very Confident
  - Confident
  - Neutral
  - Not very Confident
  - Not Confident at all

**8. Overall Satisfaction:**

- On a scale of 1 to 5, how satisfied are you with the overall value and quality of this yoga value-added course?
  - 1: Very Dissatisfied
  - 2: Dissatisfied
  - 3: Neutral
  - 4: Satisfied
  - 5: Very Satisfied



**Feedback form - YOGA**

**25.5.2023-27.5.2023**

1. <b>Effectiveness of Techniques:</b>
<ul style="list-style-type: none"><li>On a scale of 1 to 10, how would you rate the effectiveness of the yoga techniques taught in enhancing your physical flexibility and strength? 1 2 3 4 5 6 7 8 9 10</li></ul>
2. <b>Mindfulness and Relaxation:</b>
<ul style="list-style-type: none"><li>Did the course adequately address mindfulness and relaxation techniques through yoga practices? <input checked="" type="radio"/> Yes <input type="radio"/> No</li></ul>
3. <b>Variety of Practices:</b>
<ul style="list-style-type: none"><li>How satisfied were you with the variety of yoga practices (e.g., Hatha, Vinyasa, Restorative) covered in this course? <input checked="" type="radio"/> Very Satisfied <input type="radio"/> Satisfied <input type="radio"/> Neutral <input type="radio"/> Dissatisfied <input type="radio"/> Very Dissatisfied</li></ul>
4. <b>Instructor's Guidance:</b>
<ul style="list-style-type: none"><li>Rate the instructor's ability to guide and explain yoga postures and breathing techniques: <input checked="" type="radio"/> Excellent <input type="radio"/> Good <input type="radio"/> Fair <input type="radio"/> Poor</li></ul>
5. <b>Physical Benefits:</b>
<ul style="list-style-type: none"><li>Have you experienced noticeable improvements in your physical well-being (e.g., reduced stress, improved posture) after participating in this yoga course? <input type="radio"/> Significant Improvement <input checked="" type="radio"/> Moderate Improvement <input type="radio"/> Slight Improvement <input type="radio"/> No Improvement</li></ul>
6. <b>Understanding Yoga Philosophy:</b>
<ul style="list-style-type: none"><li>To what extent did the course cover the philosophical aspects of yoga (e.g., yogic principles, meditation)? <input type="radio"/> Comprehensive Coverage <input checked="" type="radio"/> Adequate Coverage <input type="radio"/> Partial Coverage <input type="radio"/> Minimal Coverage <input type="radio"/> No Coverage</li></ul>
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8. <b>Overall Satisfaction:</b>
<ul style="list-style-type: none"><li>On a scale of 1 to 5, how satisfied are you with the overall value and quality of this yoga value-added course? <input type="radio"/> 1: Very Dissatisfied <input type="radio"/> 2: Dissatisfied <input type="radio"/> 3: Neutral <input checked="" type="radio"/> 4: Satisfied <input type="radio"/> 5: Very Satisfied</li></ul>



Feedback form - YOGA

25.5.2023-27.5.2023

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- Did the course adequately address mindfulness and relaxation techniques through yoga practices?
  - Yes
  - No

3. **Variety of Practices:**

- How satisfied were you with the variety of yoga practices (e.g., Hatha, Vinyasa, Restorative) covered in this course?
  - Very Satisfied
  - Satisfied
  - Neutral
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4. **Instructor's Guidance:**

- Rate the instructor's ability to guide and explain yoga postures and breathing techniques:
  - Excellent
  - Good
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  - Poor

5. **Physical Benefits:**

- Have you experienced noticeable improvements in your physical well-being (e.g., reduced stress, improved posture) after participating in this yoga course?
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6. **Understanding Yoga Philosophy:**

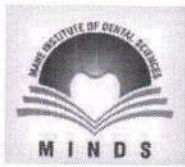
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